Many residents of the Central Coast have taken advantage of the National Do Not Call Registry, which began registering phone numbers in June 2003. The registry has been effective in reducing the number of invasive telemarketing calls. Initially, phone number registration was set to expire every five years, but the Federal Trade Commission (FTC) recently announced its intention to make the ban permanent for numbers already on the list.

This policy has not officially been adopted, so if you were an early adopter of the program (or just haven't added your phone yet), you can make sure your number will be off-limits to telemarketers by visiting www.donotcall.gov or by calling 1-888-382-1222. Keep in mind that it can take up to three months for lists to be updated.

Calls from political organizations, charities and telephone surveyors are still allowed, as are calls from companies with which you have an existing business relationship. Also, you can also register your cell phone number, but it's not necessary. FTC regulations prohibit telemarketers from using automated dialers to call cell phone numbers.

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